



Tips to Help you “Break Up with the Bag”

The Natural Resources Council of Maine is committed to helping people help the environment. We believe that a healthy environment is crucial to a healthy us.

Single-use plastic shopping bags are trashing our landscape, choking wildlife, and are a major source of pollution in the U.S. and across the globe. Scientists predict that by 2050 there will be more plastic in the ocean than fish, by weight.

Switching to reusable shopping bags is one of the best ways Mainers can help stem the tide of plastic waste that threatens our environment. We can do better, for our kids and for our future.

Make the Switch!

Check out these low- to no-cost ways to get a reusable shopping bag:

- **Make a Bag** You can find instructions on the back of this sheet on how to make a 10-minute, no-sew, no cost t-shirt bag.
- **Get a Freebie at an Event or Class** Free, reusable bags are a frequent giveaway at local events.
- **Collect and Clynk** Redeem bottles and cans at Clynk, and use the funds to purchase a reusable bag, available at grocery stores, often for less than \$1.00.
- **Get Thrifty** Shop for reusable bags at flea markets, garage sales, and thrift stores.

Provide Reusable Bags to Your Neighbors

- **Set Up a Take a Bag, Leave a Bag Program** Just like take a penny, leave a penny, work with stores to make a place where customers who have enough bags to share can leave extras for people who need a bag.
- **Hold a Food Drive** Ask people to donate food in a reusable bag that recipients can keep.
- **Host a T-shirt Bag-making Party** Invite Girl Scouts, Boy Scouts, school environmental clubs, or other community groups to make many bags that can be given away.
- **Run a Reusable Bag Drive** Make requests to the community in the newspaper or on social media to donate reusable bags to charitable organizations.
- **Talk with Local Nonprofits and Businesses** See if they give away promotional bags. Get the word out in the paper or on social media.

For more information, please contact Chrissy Adamowicz, (207) 430-0144 or cadamowicz@nrcm.org



How to Make a Reusable Tee Shirt Bag

Have a favorite tee shirt that you are ready to retire, but not ready to part with? Turn it into a stylish tote!

You will need: 1 shirt and 1 pair of scissors



Step 1

Lay the shirt flat. Cut off the sleeves and neck.

Step 2

Cut slits one inch apart along the bottom of the shirt.



Step 3

Keep the slits lined up and starting with one end tie the aligning front and back pieces together in double knots until you have done the entire row. To hide the fringe, turn the shirt inside out first.



Voila!

Use your new bag to do all your shopping!

Note: NRCM has a limited number of retired, unused NRCM t-shirts available if you would like to stop by our office in Augusta to pick up a few for this project. Please contact nrcm@nrcm.org to check availability.



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